
WORKSHEET 6-1

RANGE OF EMOTIONS

| TRIGGERS Emotions (positive and negative) | ACTION What would you do? | CONSEQUENCES What would you get? | |
|---|------------------------------|-------------------------------------|---------------|
| | | Positive (Get or Avoid) + | Negative - |
| | | | |

HANDOUT 6-2

PRODUCTIVE VERSUS DESTRUCTIVE THINKING PATTERNS

Thinking influences emotions and actions. Productive thoughts influence you to do things that put you closer to your goals, while destructive thoughts influence you to do things that actually put you farther from your goals.

DESTRUCTIVE THINKING:

| | + | - |
|---|------------------------------------|---|
| <ul style="list-style-type: none">• Interferes with your goals• Focuses more on short-term positive than on longer-term negative consequences• Increases harm to you and those around you• Makes you feel unhappy about yourself | Fun Feels good Relax Calm | |

PRODUCTIVE THINKING:

| | + | - |
|---|------------------------------------|---|
| <ul style="list-style-type: none">• Helps you achieve your goals• Focuses on both short-term and long-term consequences• Reduces harm to you and others around you• Helps you feel good about yourself | Fun Feels good Relax Calm | Go to jail Fights Lose friends Lose family Costs money Lose job Angry at self Depression |

HANDOUT 6-3

5 STEPS TO RE-THINKING

Your thoughts play an important role in triggering your emotions and determining what you do or don't do. The following steps will help you identify and change your destructive thinking patterns.

Step 1— Identify your Thinking

The first step helps you become aware of destructive thinking patterns. Are you:

- Minimizing
- Magnifying
- Rationalizing
- All or nothing thinking
- Jumping to conclusions
- Dwelling on the negatives
- Should thinking
- Recalling the good times

Step 2 — Challenge the Destructive Thought Patterns

Now that you're aware of destructive thinking patterns, you're in a position to analyze your thoughts.

- Is it based on fact?
- Is it destructive or productive?

Step 3 — Consider Other Ways of Thinking (brainstorm at least five)

After deciding that the thought pattern is destructive, the third step is to consider other ways of thinking about the situation.

Step 4 — Select and Test the New Thought

Once you have brainstormed new ways of thinking about the situation, you are to select the thought that seems to be most productive. Then, you apply the thinking test to it. Is it based on facts and productive?

Step 5 — Replace the Thought and Practice

Now that you have selected the new thought for yourself, you need to use it in place of the destructive thought pattern.

Be aware when you slip into the "old thinking." Stop the old thought immediately and replace it with the new thought! Say it over and over to yourself. At first it might take real effort to think in the new way but don't give up. The more you use the new thinking, the more it will become automatic.

WORKSHEET 6-4

MY DESTRUCTIVE THOUGHT PATTERNS

1. Minimizing — Down playing a situation; making a molehill out of a mountain; ignoring facts.

- “Big deal, everyone does drugs”
- “I don’t drink anymore than anyone else”
- “We were just having a bit of fun”

My examples: _____

2. Magnifying — Making a situation bigger than it is; making a mountain out of a molehill; catastrophizing.

- “My life is over!”
- “This is the worst thing that could ever happen to me”
- “I might as well go on the run”
- “I’ll die if I can’t use”

My examples: _____



My Destructive Thought Patterns (*continued*)

- 3. Rationalizing** — Making excuses to justify actions; stretching the truth; blaming others for own problems; use excuses to make self feel better about actions.

- “I really deserve to have a drink”
- “It’s your fault that I drink”
- “Anyone else would’ve done the same thing”

My examples: _____

- 4. All or Nothing Thinking** — Extreme thinking; everything is either black or white; rigid thinking — only seeing things your way; labeling people; rejecting all help and ideas.

- “My way or the highway”
- “I’m always right”
- “I don’t need anyone”
- “I’ve had one drink so I might as well make it a thousand”

My examples: _____

- 5. Jumping to Conclusions** — Making assumptions with limited information; quickly drawing conclusions without exploring facts.

- “She didn’t say hi, so she hates me”
- “I know you did it”
- “He’s going to bust me”

My examples: _____



My Destructive Thought Patterns (*continued*)

6. Dwelling on the Negatives — Focusing only on the negatives; ignoring any positive factors; giving up at the first hint of inconvenience; feeling sorry for self.

- “This is too hard”
- “Ah screw it anyway”
- “I can’t stand being bored!”
- “Why does everything bad always happen to me?”
- “Everyone is picking on me”
- “I’m such a loser”

My examples: _____

7. Should Thinking — Unrealistic expectations, everything “should” be different than it is; is never happy because everything should always be different; placing unrealistic demands on self and others.

- “He should, you should, the world should, I should”
- “It should not have happened”
- “Everyone must like me”
- “All people must treat me fair”

My examples: _____

8. Recalling the Good Times — Remembering only the “good times” by focusing on the short-term benefits.

- “Ah, those were the good times”
- “It’ll be different this time — I can handle it”
- “Just one drink won’t hurt anything”

My examples: _____

HANDOUT 6-5

THE THOUGHT TEST

Apply the following thought test to the thought.

IS THE THOUGHT BASED ON FACT?

- What are facts that prove this is so?
- Where is the proof that this is true?
- Would it be this way in every case?
- Would other people see it this way too?
- Does this make logical sense?
- Is it written down that this always must be so?

PRODUCTIVE?

- Is this thinking productive or is it destructive?
- Is this thinking helping me do what is best for me and those around me?
- Is it helping me move closer to my goals?

WORKSHEET 6-6

CHANGING MY THINKING PATTERNS

Now it is time to apply the 5 steps to your own thinking.
Write out a Changing my Thinking Patterns worksheet for EACH destructive thought pattern from Worksheet 6-4.

Step 1 — Identify your Thinking

The thought pattern I want to change:

Circle the kind of destructive thinking it is:

| | |
|-------------------------|---------------------------|
| Minimizing | Jumping to conclusions |
| Magnifying | Dwelling on the negatives |
| Rationalizing | Should thinking |
| All or nothing thinking | Recalling the good times |

Step 2 — Challenge the Destructive Thought Pattern

Apply the thought test (see Handout 6-5):

- Is it based on fact?
- Is it destructive or productive?

Step 3 — Consider Other Ways of Thinking. List at least five.

Step 4 — Select and Test the New Thought

Select and circle the new thought;

- Is it based on fact?
- Is it productive?

Step 5 — Replace the Thought and Practice

***Remember, changing your thinking takes hard work and practice.
Stick with it — it'll get easier!***